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Housekeepers' Chat Tuesday, October 23, 1928.

(NOT FOR PUBLICATION)

Subject: "What to Do When Your Child Is Hurt." Information taken from release of the Treasury Department, Bureau of the U. S. Public Health Service, based on article by Matthew J. Shields, Lieutenant Colonel, U. S. Army Reserve, published in "Children, The Magazine for Parents."

--ooOoo--

I've changed my mind, since yesterday morning. That's my privilege, is it not? I had planned to talk about furnaces and chimneys, but something happened yesterday which upset my schedule.

The first piece of news I heard when I reached home yesterday was that "Sunny," the brightest, jolliest child in the neighborhood, had broken his leg. Automobile accident -- the kind we read about in the papers nearly every day. We don't realize how tragic they are until one of our own children is hurt.

Of course I went over to see Sunny as soon as I heard about his accident. He had just been brought home from the hospital, where his broken leg was put in a cast.

"Gee, Aunt Sammy, it hurt!" he told me. "The automobile knocked me cuckoo, andbroke my leg in two places! I bet you never had your leg broken in two places! The docter says I can't go back to school for a long, long, time, and Mother says she'll read all the stories I want to hear. Don't you think I'm a lucky bum, Aunt Sammy? Look -- I can wiggle my toes a little bit already."

Poor little Sunny -- he looked so small, and so forlorn, in spite of his efforts to be cheerful. He doesn't know how tired he will be, pretty soon, of lying flat on his back.

Well, I didn't mean to talk so long about my personal affairs, but you see Sunny is sort of a relative of mine, and I can't keep my mind on my work as well as usual today. It's such glorious weather -- I saw a maple tree this morning which seems almost ready to burst into flame. This is no time for a seven-year-old boy to lie abed.

I wonder how many children there are in this city, tied indoors for weeks and weeks, because of somebody's carelessness. If we could only keep our children out of the streets -- out of the way of careless drivers, what a lot of accidents we could prevent.

Wise parents know that the best antidote for any injury is prevention. They see that guns and pistols are banned from the house, or kept out of reach. Poisons must be kept under lock and key. Sharp tools should be replaced in the

tool-box after each using; scissors and sharp kitchen knives must not be accessible to small fingers.

Wise precaution will prevent many an accident, but if an accident occurs, we should know what to do. Recently I read an article in which was discussed first-aid treatment for some of the many accidents which may happen to children. First-aid is not a substitute for a doctor, but it may save a life. The unskilled person should not try to give treatment which requires the skill of a physician, and should always call a doctor when necessary, or when in doubt.

"When your child is hurt," (quoting from the article I read), "unless the injury is very slight, call a doctor. Then loosen the little one's clothes, examine him carefully and gently, looking for every possible injury. If you find no injury needing immediate attention, the first thing to do is to get the childinto a comfortable position. Usually the best position is on the back, with the head low. If the face is flushed, raise the head on a small pillow or folded coat. Do not be afraid to give the child water if he demands it, but take care to give it slowly. Do not be in a hurry to move the child from the place where the accident occurred, and, before moving him at all, make sure that the disturbance will not injure him further."

Would you know what to do if your child should sprain an ankle or a wrist? Don't let him move around, thus rubbing the injured joint surfaces together. Quiet him, then raise the injured part, and apply heat. If the ankle is raised in this way less blood will come into the injured joint; the heat will contract the blood vessels, and limit the escape of blood and serum. To heat the ankle, use cloths wrung out of very hot water. Continue these hot applications until you can secure the services of a doctor.

Strains are caused by over-stretching a muscle. In severe strains, small blood-vessels in the muscles are broken so that blood escapes into the tissues. Usually there is swelling. The commonest strains are of the muscles of the back, shoulders, wrists and ankles. Suppose your child has strained his back in a fall. Your first step, after discovering his injury, will be to see that he is given absolute rest. To deaden the pain, rub gently with alcohol, arnica, or witch hazel. Later rubbing may be harder, to help absorption, and make the strained muscle more supple. When the pain and stiffness have lessened, let him practice gentle movement until both have disappeared.

Another minor injury we are called on to treat very often is a bruise. Bruises, "black and blue spots," the commonest injuries of childhood, can be made less painful by hot applications of water, or equal parts of alcohol and water, arnica and water, or witch hazel and water. This will contract the broken blood vessels, and so prevent the escape of more blood, and will also deaden the nerves slightly, relieving the pain.

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Have you ever tried to remove a splinter from a child's hand? A splinter should be removed with a pair of tweezers, or by putting a knife blade against it, and holding it on the blade with the thumb nail. Small splinters may be removed with a needle. To avoid infection, be sure to wash the skin with hot water and soap, and pass the needle through a flame before using it. Or paint the skin with iodine, or mercuro-chrome, and also sterilize the point of the needle or knife with one of these medicines. Never seal the wound.

That "something" which the child often gets in his eye is likely to be cinders, dust particles, or sand. Tears which follow often will wash it out, but in case nature does not come to the rescue, have the child close his eye so that the tears may accumulate, washing the particle into view so that it can be removed. If this fails, pull the upper lid over the lower, as the particle will sometimes attach itself to the outside of the lower lid. Never let him rub his eye. This will work the particle into the delicate eye-covering. If, after these precautions, the dust or cinder has not been dislodged, examine the upper and lower lids, and after locating the particle remove it with a clean handkerchief, or a bit of clean cotton, rolled on a toothpick or match stick. If the particle is not easily removed in this way, make no further attempt but take the child immediately to a surgeon. Blindness may result from violation of this rule. In the case of a serious eye injury, cover the wound lightly with a clean cloth compress, wrung out of ice water, and rush the child to a surgeon.

All open wounds should be given emergency treatment, to stop bleeding and to prevent infection. Very greasy wounds may be washed with high grade gasoline. Water should not be used on any wound except by the doctor, and fingers and other objects are likely to carry germs and should not come into contact with an open wound. Iodine or mercuro-chrome applied to the wound are safeguards against infection until the doctor takes charge. These should be applied with a camel's hair brush, or a piece of cotton on the end of a small clean stick. Never pour these antiseptics on a wound. Dress the wound with antiseptic gauze, if you have some in the home first-aid kit, and have a doctor take charge of the case.

Tomorrow I'll discuss proper shoes for fall and winter, and broadcast a recipe.

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